

MOBILIZATION AND DEPLOYMENT READINESS PROGRAM

Deployment Planning – This course focuses on Soldier and Family preparedness for extended separations and worst case scenarios. It provides explanations and hands on training in preparing a family care plan, what to do in case of emergencies and community resource information. Participants will leave with a completed Readiness Binder containing a permanent record of information.

1 Hour

Impact of Deployment on Families – Although deployments over the past few years have become “routine,” Family member responses differ greatly. This course outlines the effects of deployment on each member of the Family, Soldier and spouse conflict and the associated emotional turmoil, addresses age appropriate behaviors in children and provides responses to address challenges associated with separation. This course is recommended for units / FRGs 30-60 days prior to deployment.

2 Hours

FRG Leader Training –FRG Leader Basic Training provides a complete overview of FRG operations to include, purpose, roles and responsibilities, structure, authorized support, etc.

1.5 Hours

Advanced FRG Leader Training – This 6 hour course is designed to aid “seasoned” leaders through challenges that may arise in functioning family readiness groups. Course content will include motivating volunteers, conflict management, effective communication, enhancing relationship building, etc.

6 Hours

Key Caller Training – Course provides tools to fully equip volunteers with knowledge of building chain of concern roster, keeping activity logs, using effective communication and community resources.

1 Hour

Spouse Battlemind – Introduces skills to increase you and your Family’s resiliency throughout the deployment cycle. Provides Readiness Planners to ensure your Family is prepared for any situation.

2 Hours

Coping With Military Separation – Addresses symptoms of stress associated with deployment, strategies for coping and communication, resources available and helping children cope with feelings challenges and concerns. This course is recommended for conduct 6-8 weeks after the unit deploys.

2 Hours

Reunion Training – Prepares spouses and children for reintegration. Emphasis is on establishing realistic expectations, relationship renewal, concerns and helping children to adjust to the returning parent. Recommended time-frame to conduct this course is 30-60 days prior to re-deployment.

2 Hours

Rear Detachment Commander / Family Readiness Liaison (FRL) Training – Provides instruction on Family assistance and community resources. Includes local policy and procedures, contact information, case scenarios with topics historically identified with deployment. This course is unit specific.

2 Hours

Reintegration Training for Rear Detachment Personnel – Designed to educate them about the reintegration process and challenges and to provide resources for support so they can address the effects of combat operational stress and readjustment issues. This course is unit specific.

2 Hours

Family Assistance Center (FAC) Training – This training covers preparing Family members and discusses the role of the FRG during emergency operations (mass casualties, evacuations, natural disaster and acts of terror). Course includes table top exercises to create a realistic view of emergency operations for participants. Training is conducted annually.

2 Hours

Care Team Training – Training is designed to help establish care teams within units (one per battalion, recommended) and provide guidance on how to handle issues volunteers could face, such as dealing with the reactions from Families. Attendance will help volunteers feel more comfortable knowing how to deal with specific situations when they occur.

1.5 Hours

Trauma in the Unit Training - This training is intended for unit leadership, FRG Leaders, Care Teams, Casualty Assistance Officers and community agencies in knowing how to help Soldiers and Families in the unit when different trauma events occur.

2 Hours